 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

Great dementia resources on Health Navigator website

Health Navigator NZ is a New Zealand-based website with a lot of very useful clinical information for clinicians, patients and carers. It's up to date and all the information is clinically reviewed. Below are some helpful resources links:

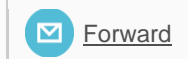
- Assessment of cognition using the MoCA (Montreal cognitive assessment) <https://www.mocatest.org/the-moca-test/> or GPCOG <http://gpcog.com.au/>
- Resources for clinicians include information on driving assessments, clinical pathways, distinguishing depression, from delirium from dementia <https://www.healthnavigator.org.nz/health-a-z/d/dementia/#Clinicians>
- Caring for a family member with dementia can be very stressful <https://www.healthnavigator.org.nz/health-a-z/d/dementia/#Forcarers>
- [Mate wareware: Understanding 'dementia' from a Māori perspective](#) NZMJ (2019)

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